



Soldiers of 2-11th FAR, 25th DIVARTY, prepare to sling load an M119 howitzer onto a 3-25th Avn. Regt., CH-47 Chinook, Sept. 16, after completing a live-fire exercise from an air assault. The exercise helped to strengthen interoperability between units of the 25th ID and executes advanced air assault techniques.

‘Get in, hit the objective, get out!’ says captain

Rare air assault training mission gets underway

Story and photos by
SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of Battery B, 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery, and 3rd Bn., 25th Aviation Regt., 25th Combat Avn. Brigade, conducted a joint mission, here, Sept. 16.

The “Lightning Assault Series” is the first iteration of mission essential task list enhancing training events being conducted by the units. The training is intended to further refine the brigade’s ability to work together to support light infantry operations in the Pacific.

The training was comprised of more than 52 aircrew, 12 aircraft, an entire battery of artillerymen and a fire support team. This level of training is uncommon outside of central training centers, such as the National Training Center at Fort Irwin, Calif.

“This is a typical mission set when deployed, but uncommon in garrison,” said Maj. Tyler Espinoza, operations of-



After putting the howitzer in its sling, the Chinook hovers overhead as the DIVARTY Soldiers complete sling-loading it for transport.

ficer, 3-25th Avn. “This type of training with this level of dedicated air assets is unprecedented outside of a CTC (command training center) – deployment environment.”

“This is actually a rare event for us, unfortunately, with all the other task and training events we have throughout the year,” said Capt. Trevor Koepp, commander, Battery B, 2-11th FA. “This is

the first time in the two and a half years I’ve been in the battalion that this type of event has taken place.”

This type of training serves a double purpose. Aviation crews are able to practice heavy load lifts and personnel transport, as well as ensure they stay clear of the ensuing artillery fire. At the same time, the artillerymen are able to ensure their tactics, techniques and procedures

allow for quick and lethal strikes while ensuring they can operate this type of advanced insertion.

“This type of training is huge,” Keopp said. “Now that we’ve switched over to a light infantry brigade, this is the way we should conduct our missions. Get in, hit the objective and get out. It makes us less of a target and helps us support the maneuver elements.”

Air assault gun raids provide an asymmetric advantage in both conventional and hybrid environments, said Espinoza.

“Our ability to rapidly maneuver artillery across rugged terrain provides the elements of speed and surprise creating a lethal effects on the enemy,” he said. “We place the enemy at a severe disadvantage by integrating aviation fires with this method of maneuver warfare.”

Exercises such as this will continue to strengthen the interoperability of units within the 25th ID and ensure that the division, as a whole, is ready for any contingency missions that should arise is the Pacific.

“That is part of why we initiated Lightning Assault, to better prepare, not only our aviation formations, but to enhance interoperability across the division,” said Espinoza.

TF Diamond Head returns from successful PP 16-02 rotation

1ST LT. KACIE SCHOEN
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — This past summer, the 2nd Battalion, 25th Aviation Regiment, and several elements of 3rd Bn., 25th Avn. Regt. (both 25th Combat Avn. Brigade, 25th Infantry Division units), joined together to become Task Force Diamond Head for Pacific Pathways 16-02.

For Pathways 16-02, Soldiers of 2-25th joined forces with 2nd Stryker Bde. Combat Team, 2nd ID, out of Joint Base Lewis-McChord, Wash. In each of these exercises, Task Force Diamond Head supported 2nd SBCT ground forces, conducted internal aviation training in foreign countries, and participated in joint training events and missions with their aviation counterparts in the partner nations.

1st Lt. Andrew Gilliam, Co A., 2-25th Avn. Regt., was one of the platoon leaders

who participated in PP 16-02.

“I thought it was a great experience. I learned a lot more from Pacific Pathways than I have in any other major training event,” Gilliam said. “On Pathways, you run into and have to solve real-world problems. They aren’t made up or Army-generated, like it is in most Army training events. Usually, you are given constraints that you have to follow exactly. But with Pathways, you are required to solve those real issues with the limited resources you are given in a foreign country.”

Many of the younger Soldiers are given the opportunity to travel, work closely with foreign militaries and experience being apart from their families for the first time, without being in a combat zone. Gilliam agreed with this, saying that “this was (his) first time out of the country with the military, leading Soldiers and interacting in a foreign environment. It’s a much better scenario to put Soldiers in to let them learn and grow in that sort of setting, without being truly deployed.”

“I am grateful to have had the opportunity to go on Pacific Pathways 16-02. Working with our partner nations was great and afforded us the chance to learn from each other,” said Chief Warrant Officer Jeremiah Russell, who participated in Hanuman Guardian and Keris Strike.

“My favorite mission in Thailand was doing a mixed multi-ship flight with the Thai Mi-17, UH-72 and UH60M,” he explained. “In Malaysia, we got to do an air assault insertion of the Malay and U.S. Special Forces, which was really cool.”

Spc. Derek Warner, crew chief, A Co. 2-25 Avn. Regt., got to experience Hanuman Guardian



Photo by 1st Lt. Andrew Gilliam, 25th Combat Aviation Brigade, 25th Infantry Division
PATTAYA CITY, Thailand — The pilots and crew chiefs of Task Force Diamond Head pass by Pattaya City, as they redeploy back to Sattahip Port after completing the Hanuman Guardian exercise in Thailand, July 9.

and Garuda Shield and said he enjoyed participating in any air assault that integrated both U.S. and Indonesian forces.

“It was nice seeing how well we were working together and how quickly the

Indonesian army picked up a new task,” Warner said.

The 25th CAB will continue to do joint training with partner nation militaries in the Pacific, building on its relations and developing Soldiers at all levels.



Photo by Staff Sgt. Manuel Parra, 25th Combat Aviation Brigade, 25th Infantry Division

KLUANG, Malaysia — After a successful para-drop, U.S. Special Forces, Capt. Caitlin Withenbury, Staff Sgt. Manuel Parra and Chief Warrant Officer 2 Jonas Courneya pose for a picture with local Malaysian children who flocked to their landing site, July 24.

Pacific Pathways 16-02
Pacific Pathways is an Army initiative in which infantry and supporting units self-deploy to parts of the Pacific to establish a semi-permanent presence.

This virtually continuous existence of Army forces in the Pacific allows for quick reaction for humanitarian emergencies or threats in the area, as well as provide deep and complex engagements between the U.S. and partner nation armies.

PP 16-02 consisted of the three following exercises:

- Hanuman Guardian (Thailand, June);
- Keris Strike (Malaysia, July); and
- Garuda Shield (Indonesia, August).

During the three exercises, Task Force Diamond Head flew a multitude of missions, including VIP movements/battlefield circulation, medevac training and actual missions, air movements, air assaults, para-drop operations with Special Forces, Hoist, Bambi Bucket, and Sling Load demonstrations and even some training flights.



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NYNG stands watch to prevent another 9/11

In Part 2, leaders talk about Empire Shield in NYC

ARMY NEWS SERVICE
News Release
NEW YORK — Born in the Philippines, Command Sgt. Maj. Arnold G. Reyes came to the U.S. when he was a boy.

He has spent most of his life in New York state. Today, he works a civilian job as a police officer in Suffolk County, Long Island, about 60 miles east of New York City. He takes military leave to serve on the task force.

When 9/11 happened, Reyes was a sergeant first class on recruiting duty on Long Island.

“I was with the ‘Fighting 69th’ at that time,” he remembered. “We all showed up at the armory and just waited for orders to see what we were going to do. The following morning we marched into Ground Zero.”

Reyes most recently came from a job as the battalion command sergeant major for the 2-108th Infantry Battalion out of Utica, N.Y. Now, he said, he’s proud to work with the Soldiers of Empire Shield and protect a metropolitan area that is home to more than 20 million people.

“It’s not just New Yorkers,” he said. “You have international people coming from all over. At JFK, they see the Soldiers. When you have people coming here from foreign countries, hopefully, they are feeling secure here, too.”

Soldiers on the task force don’t serve as a police force. Their role isn’t to stop petty theft, for instance. When they see such crimes, they alert the NYPD. Instead, they serve a deterrent while monitoring for indications of terrorist activity.

Service members in the unit train on the use of deadly force, rules of engagement, tactics for clearing a room and dealing with active shooters. They also train for handling the aftermath of an attack.

“So, you’re looking at almost tactical combat casualty care,” Reyes said. “They are doing all that not only to safeguard the



Photo by C. Todd Lopez
Soldiers and Airmen with Joint Task Force Empire Shield stand in formation, Aug. 17, at Fort Hamilton, N.Y. Afterward, they will spend the day standing guard in one of several transit hubs around New York City with the goal of detecting and deterring terrorism.

citizens, but because it’s the aftermath ... our job is not only to deter, but to help after the fact.”

Company commander on patrols

Capt. Rafael O. Ramirez works a civilian job as a corrections officer in Westchester County. He has been with Empire Shield since October 2011.

He started as a first lieutenant, as a platoon leader, and worked his way up. When he became a captain, he was promoted to commander of Charlie Company, which now has 150 Soldiers.

“If we see a crime being committed, somebody being assaulted, we are allowed to intervene,” said Ramirez. “But if we see somebody shoplifting, that’s not our jurisdiction.”

On 9/11, Ramirez was at a job interview on 42nd Street in Manhattan. At the time, he was a reservist in the Marine Corps.

“I had to right away walk all the way to uptown Manhattan, in shoes and suit and tie,” he remembered. “And then I packed my stuff and reported to the base up in Newburgh. For about the first two months, I was base security up in Newburgh.”

Ramirez never deployed as a



Photo by Staff Sgt. Andrew Jacob, 1st Special Forces Command (Airborne)
The newly dedicated De Oppresso Liber statue passes in front of the Empire State Building as it makes its way down 5th Avenue during the New York City Veterans Day Parade. This and other iconic buildings come under the Empire Shield.

Marine. But in 2003, he enlisted in the Army National Guard, and deployed in 2004 with his unit as a logistics clerk. He eventually earned a degree in economics from Binghamton University and got a commission in 2007. Next time he deployed, he wore silver bars.

“I told myself, I’ll never come back to a warzone country as an enlisted Soldier,” he said.

As a member of Empire Shield, he said, your job is to keep your head on a swivel. Is

someone wearing a coat on a hot day? Is someone secretly filming something?

“Another thing I’ve been harping on for years is the unattended bags,” he said. “Bad guys only have to be right once. We can be right 999 times, but that one time we’re wrong, a lot of people can die.”

(Editor’s note: In Part 3 next week, read about how the Soldiers of Empire Shield prepare for their day and the diverse demographics of the Big Apple.)

USAR leaders make readiness a priority at CTRA

Story and photo by
SGT. JESSICA A. DUVERNAY
305th MPAD
9th Mission Support Command

FORT SHAFTER FLATS — Command teams from all Army Reserve units assigned to the 9th Mission Support Command gathered in the Specialist Anthony Bongo Hall at the Daniel K. Inouye U.S. Army Reserve Complex for the Commander Training Readiness Academy, Sept. 12-16.

Attendees traveled from their respective units across the vast Asia-Pacific region to participate in this five-day training and readiness event.

The theme of the academy was aligned with Chief of Staff of the Army Gen. Mark A. Milley’s guidance: “Readiness is Number One, and there is no other Number One.”

According to Lt. Col. Kathryn Simms, 9th MSC collective training officer, the CTRA provides command teams with best practices and techniques they can incorporate into their own plan of action in order to increase unit readiness.

The conference began with statements from who has always had a main priority of readiness. “We have a volatile, uncertain,



Command Sgt. Maj. Gregory Binford (right), senior enlisted adviser, 8th TSC, answers a question during the Commander Training Readiness Academy, Sept. 12.

complex and ambiguous environment and that is what we operate in nowadays,” Brig. Gen. Stephen K. Curda, commander, 9th MSC, said to leaders from the brigade-to-company level. “Nothing is as simple as how it used to be. Nowadays, we have no idea where (the threat) is going to come from, and that’s the type of environment we need to be prepared for.”

Curda said the key to maintaining the strong fighting force the Army Reserve has become and the way we stay relevant in today’s affairs is to constantly maintain unit and

personal readiness.

“All of you in this room are my leaders, so I expect all of you to lead,” Curda said.

The 9th MSC also welcomed guest speakers Maj. Gen. Charles A. Flynn, deputy commander, U.S. Army-Pacific, and Maj. Gen. Susan A. Davidson, commander, 8th Theater Sustainment Command. Both leaders touched on the changing world and our Army being able to adapt to those changes.

“You’re part of this, you are an important part of this,” Flynn said. “All of us in the total Army have to be ready. You have to be

able to know your job, do your job, lead your units and train them to meet the contingency requirements.”

The academy provided opportunities for leaders to take a closer look at their units, take personal accountability of any shortcomings and interface directly with the command staff sections and support personnel needed to address and correct any issues.

“I believe that as leaders we must set the example by being ready ourselves,” said Simms. “It is the foundation to all that we do.”

Voices of Ohana

Family Health and Fitness Day is observed annually on the last Saturday of September. We wondered,

“What is the best way families can be fit together?”

by Donna Klapakis, 599th Transportation Brigade Public Affairs



“Get off the sofa and do an activity that everybody enjoys.”

Arnel Bautista
Team leader
599th Trans. Bde.



“Go Pokémon hunting.”

Lam Nguyen
System administrator
599th Trans. Bde.



“Just get outside.”

Staff Sgt. Derick Pierce
Traffic management specialist
599th Trans. Bde.



“Just by doing family oriented activities outdoors.”

Sgt. Vincent Washington
Command Ops Center NCO
599th Trans. Bde.



“Do triathlons together. All my kids have participated. It helped them realize they can do things they didn’t think they could.”

Bud Welch
Force protection officer
599th Trans. Bde.

Vietnam veteran/POW shares his story at LPD

Story and photo by
SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — “I lost the tail rotor, rounds went through the engine, the engine was knocked out, rounds to the fuel cell, the helicopter was on fire. ... We were coming down spinning and burning out of the sky. ... We hit nose low on the left side of the aircraft.”

This is how former prisoner of war, retired Col. William Reeder Jr., author of “Through the Valley: My Captivity in Vietnam,” described the crash that ultimately lead to his capture in South Vietnam.

Reeder joined leaders from across the 25th Combat Aviation Brigade for a Leader’s Professional Development session at the Nehelani Banquet and Conference Center, here, Sept. 14, to discuss some of the lessons he learned in Vietnam and throughout his career as a whole.

“This was something I’ve wanted to do ever since I got back, and it’s gone through several iterations,” said Reeder. “I was reluctant to write a book about what happened to me, but I felt there was an important story to be told about prisoners captured in the south.”

It was a story that really needed to be told, said Melanie Reeder, herself a

retired colonel and the wife of William Reeder.

“He was shot down and captured in the south. And that is not the story of many of the POWs that were captured,” Melanie Reeder said. “He was a prisoner of war for just under a year.”

The book details his grueling year in captivity, including a forced march up the Ho Chi Minh Trail where he would remain in the Hanoi Hilton until his release.

“When you write a book, you have to relive it in your mind, so it was hard,” Melanie Reeder said. “He would, at times, have a couple sleepless nights because you have to put yourself back in those situations.”

“About five years ago, I set out to write this book. It took me about four years to write it,” said William Reeder. “I was lucky that the Naval Institute Press took an interest and published the book just this past April.”

His experiences have served as a learning tool for Soldiers across the Army and have made huge impacts in the procedures and policies of Army aviation that will last forever. His

strength and resilience continue to help Soldiers prepare for the worst.

“There is a story of inspiration, of a

commitment to survive, and what the human body and mind can endure,” Melanie Reeder said.



Retired Col. William Reeder Jr. (right), Vietnam veteran and former prisoner of war, visits the 25th CAB’s AH-64 Apache simulator, Sept. 14, to see how the airframe has progressed since his retirement. The visit was conducted in conjunction with a Leader Professional Development session at which Reeder was the guest speaker.

ROK partners help 94th AAMDC succeed during UFG16

Story and photo by
MAJ. JONATHAN STAFFORD
Army News Service

OSAN AIR BASE, South Korea — The U.S. military and the Republic of Korea air force operate various missile defense systems to protect South Korea.

To coordinate missile defense operations between the two countries, the 94th Army Air and Missile Defense Command and the ROK Air Defense Missile Command operate the combined air and missile defense operations coordination center (CAMDOCC), here.

The CAMDOCC was exercised during Ulchi Freedom Guardian 2016, Aug. 22-Sept. 4, when 94th AAMDC Soldiers from Joint Base Pearl Harbor-Hickam, Hawaii, deployed to Korea to conduct operations with their ROK air force counterparts.

A key aspect to the successful coordination during the exercise was the strong personal ties some ROK service members have with the United States. For example, 1st Lt. Dong-jun Kim is a 2012 graduate



From left, ROK air force 1st Lt. Dong-ju Kim and Capt. Ji-hwan Yoo and ROK army Cpl. Gwang-moo Heo pose for a photo at Osan Airbase, South Korea.

of the University of California-San Diego. Following graduation, he became a ROK air force officer in order to complete his mandatory two-year military service commitment to South Korea. Despite being a military police officer, Kim’s strong English skills have made him the primary interpreter in the CAMDOCC.

“Serving with the 94th AAMDC has been one of the highlights of my military career,” said Kim. Additionally, working in the CAMDOCC has given me great appreciation for the complexities of missile defense operations.”

Capt. Ji-hwan Yoo is another key ROK air force officer with strong U.S. ties. Yoo is a 2012 graduate of the Air Force Academy in Colorado Springs, Colo. Selection to attend the academy is one of the top honors for a junior officer in the ROK air force. During UFG16, Yoo served as a battle captain in the CAMDOCC, responsible for coordinating ROK air defense operations with his U.S. counterparts.

“I have enjoyed working with the U.S. Army during UFG16. I learned a lot about U.S. Army air defense operations from my American counterparts,” said Yoo. “Likewise, the 94th AAMDC Soldiers were able to learn more about our ROK air defense capabilities. This led to better understanding and coordination between our two militaries.”

Cpl. Gwang-moo Heo is a Korean Augmentee to the U.S. Army (KATUSA) assigned to Headquarters and Headquarters Battery, 35th Air Defense Artillery Brigade. During the exercise, Heo was tasked to be the primary translator for written documents shared between the U.S. and ROK militaries in the CAMDOCC. Heo was able to build his strong English skills by attending Ohio State University before beginning his mandatory service in the ROK army.

“KATUSA soldiers have a long history of serving as interpreters for the U.S. Army, stretching back to the program’s beginnings during the Korean War. It has been an honor for me to continue this tradition by working with the Soldiers of the 94th AAMDC in the CAMDOCC during UFG16,” said Heo.

Following the completion of their military service, Kim and Heo plan to go back to the U.S. to continue their education.

(Editor’s note: Stafford is the 94th AAMDC G3 chief of Operations.)

MEDEX 16 expands health care on global level

Story and photo by
SGT. 1ST CLASS JOHN D. BROWN
18th Medical Command
(Deployment Support) Public Affairs

FORT SHAFTER — When a disaster strikes, anywhere in the world, victims put their faith in the health care professionals who are immediately available to respond.

It doesn’t matter the color of their uniform or the language they speak; all that matters is that someone was there in their time of need.

For the Soldiers and leaders of the 18th Medical Command (Deployment Support), providing multilateral training opportunities and engaging with our medical partners throughout the Indo-Asian Pacific region are primary peacetime missions. A prime example of these efforts can be found in their recent partnership with the health care professionals of the People’s Army of Vietnam (VPA).

Maj. Paul Watkins, the Vietnam health engagement planning lead for 18th MEDCOM, recently escorted a delegation of VPA health care professionals to Misawa Air Force Base, Japan, during the Joint Medical Exercise 2016 (MEDEX 16) to demonstrate the logistical requirements necessary to deploy an emergency trauma care facility in a joint environment.

“Asia-Pacific Military Health Exchanges, such as the People’s Army of Vietnam’s visit to MEDEX 16, are unifying engagements, which military and civilian leaders agree, enable quick and effective response to natural disasters,” Watkins said.

According to Watkins, over the past two years, 18th MEDCOM has assisted the U.S. Army-Pacific Command Surgeon Cell and the VPA by conducting subject matter expert exchanges in Vietnam and inviting VPA delegations consisting of Peacekeeping Center officers and health care professionals, to observe and participate in combat support hospital training at Joint Base Lewis-McCord, Wash., prior to MEDEX 16.

“The overall intent is to support Vietnam’s desire to successfully de-



Maj. Paul Watkins, a logistics planner and the Vietnam engagement lead for 18th MEDCOM (DS), facilitates a discussion about medical logistics sustainment during contingency operations with a delegation of officers from the People’s Army of Vietnam during MEDEX 16 held at Misawa Air Force Base, Japan, Aug. 22.

ploy a United Nations medical Role 2 Capability in support of a United Nations peacekeeping operation,” Watkins said.

Watkins, a medical logistician by trade, used the backdrop of MEDEX 16 to sit down with the Vietnamese delegation and discuss the unique challenges that an organization may face while deploying health service support into austere – and sometimes hostile – environments in support of contingency operations anywhere in the world.

“Lt. Col. Rich Floyd (the USAR-PAC Surgeon Cell logistics officer) and I drew on our experiences in deploying Army health systems to share some of the pitfalls that the Vietnamese may encounter,” Watkins said.

Floyd and Watkins highlighted pre-deployment considerations that the VPA medical planners may consider, such as electrical compatibility with medical equipment, host nation support for medical supplies, international shipping constraints for controlled/hazardous materials, environmental effects on medical assets and equipment, and sustainment support for health care

professionals.

“These types of medical engagements provide a forum for training personnel, both U.S. and our international partners, for an effective response during a humanitarian aid mission, a natural disaster or a contingency operation,” Watkins said.

Command Sgt. Maj. Thomas Wrighton Jr., senior enlisted adviser for 18th MEDCOM (DS), joined the delegation during MEDEX 16 and said that the United Nations Role 2 capability within the VPA provides another link in the Indo-Asian Pacific Global Healthcare chain of support.

Watkins also pointed out that, “Interregional cooperation within the health care community may also favorably affect the economic, social and political fabric of the nations involved and potentially remove obstacles to interregional cooperation in other sectors.

“As the vice president of the United States said earlier this year, ‘We know the best way to assure the security of the American people in our world is by standing shoulder-to-shoulder with our partners,’” Watkins said.

25th ID trains-up on MTC’s virtual battlefield

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The sounds of machine gun fire, helicopters flying overhead and explosions filled the air as Soldiers assigned to the 25th Infantry Division fought together, here, Sept. 12 – except this wasn’t on the physical battlefield.

More than a dozen Soldiers from the division’s 3rd Brigade Combat Team and 25th Combat Aviation Bde. were conducting a live computer simulation at the Mission Training Complex, here, for a future capabilities exercise (CAPEX).

Elements from 2-35th Inf. Regiment and 29th Bde. Engineer Battalion, 3rd BCT, and 3-25th Avn. Regt., 25th CAB, worked in concert during the two-day long rehearsal.

“We’re going through our scheme of maneuver, identifying key points and key



Chief Warrant Officer 2 Mel Kluthe flies a Virtual Battle Space 3 CH-47 at the MTC, Sept. 12, to prep for an upcoming CAPEX.

locations for our Bravo Company, 2-35th Inf. Regt., which is our line company going through the CAPEX,” said 1st Lt. Jonathan Di Bianca, operations training officer, 2-35th Inf. Regt.

Di Bianca, leading the rehearsal, stated the rehearsal would allow the enablers, such as platoon leaders leading

their elements, to the pilots flying AH-46 Apache helicopters, so they could understand their roles safely during the simulated battle.

“The simulation they’re using is Virtual Battle Space 3,” said Larry Hann, simulations branch, Mission Training Complex. “It’s a first-person shooter simulation, so they can do a mission without the overhead.”

According to Hann, the use of actual vehicles, requesting land and ammunition, and the physical movement of troops to be used at the Schofield Barracks Battle Area Complex is unnecessary in the virtual world.

“This is an excellent rehearsal tool to get all their moving pieces in place,” he added.

Platoon leaders and sergeants worked diligently to figure out the fine intricacies of the simulation, so they could be fully effective as their experience developed.

“We’re trying to set up on how things

are supposed to roll between all the different elements,” said 1st Lt. Nic Rogers, platoon leader, Co. B, 2-35th Inf. Regt. “We’re getting into our starting positions right now, and we’re trying to see what our triggers are for movement for the upcoming CAPEX.”

As time progressed, Rogers found he was understanding his infantry platoon’s role on the virtual battlefield, and it improved in due time.

“I have a better picture of what we’re doing as a platoon within the grand scheme of things,” Rogers said.

High above the battle below were UAVs feeding invaluable intelligence to the Soldiers below.

“My role is to fly over the objective and find the targets,” said Spc. Edwin Polio, unmanned aircraft systems operator, Co. D, 29th BEB.

The Tropic Lightning Soldiers found great success using their virtual weapons in preparation for next month’s CAPEX.

‘Wayfinders’ eye in sky recons, defends brigade

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — In the early hours of Sept. 14, unmanned aircraft systems operators and maintainers pushed their aircraft out of a hangar at the start of the day, here.

Soldiers assigned to the Tactical Unmanned Aircraft System (TUAS) Platoon, Company D, 29th Brigade Engineer Battalion, 3rd Bde. Combat Team, 25th Infantry Division, perform daily checks on their RQ-7B Shadow unmanned aerial vehicle, a small, lightweight UAV that provides invaluable service for the battalions of the 3rd BCT.

“It’s designed to do tactical reconnaissance, so it can do full motion video with color and (infrared) at night,” said 1st Lt. Sara M. Downing, TUAS platoon leader. “It can also do a communication relay package encrypted, so it acts like a giant relay in the sky.”

According to Downing, the UAV is able to laser designate from man/unmanned teams with the ability to work with the AH-64 Apache or other aircraft that uses



Sgt. Kenneth Vierk, unmanned aircraft systems operator, Co. D, 29th BEB, inspects the left wing of an RQ-7B Shadow UAV at WAAF, Sept. 14. Vierk performs daily pre-flight checks on the UAVs before they are launched by a catapult.

the AGM-114 Hellfire air-to-surface missiles.

“It can point onto a target with a laser, and then the Hellfire missile locks on to that laser, guiding it right on the target,”

she said.

It isn’t just offensive uses that the TUAS platoon performs with its nimble aircraft. The Shadow is able to stay in the sky for several consecutive hours while

performing an active reconnaissance role.

“For training missions, we do a lot of convoy tracking,” said Spc. Connor Rawlings, unmanned aircraft systems operator, TUAS platoon, Co. D, 29th BEB. “We’ll follow the convoy and scout ahead.”

The operators, depending on their task, also conduct passive reconnaissance when the mission requires it.

“We’ll do straight target watching,” Rawlings said. “If division or brigade wants us to watch a target – they see an individual in a certain area they know of – but they don’t know exactly where he is in a compound.”

The operators themselves work as two-man teams with the UAV during preflight checks and in flight.

“Typically, for a launch, you’ll have an assigned operator,” said Sgt. Kenneth Vierk, unmanned aircraft systems operator, Co. D, 29th BEB. “We’re going to have one managing the aircraft itself, and then the other personnel will strictly be operating the payload.”

(Editor’s note: Read the rest of this story at www.HawaiiArmyWeekly.com.)

Competition raises Special Forces awareness

Story and photo by
U.S. ARMY RECRUITING COMMAND
Army News Service

FORT KNOX, Ky. — Though the Special Operations Recruiting Battalion’s mission is relatively small – just 5,239 this year – finding enough qualified Soldiers can be challenging because many do not fully understand the job, according to the SORB’s senior enlisted leader.

“Oftentimes, (we) find chains of command believe the SORB is recruiting their best and brightest Soldiers,” Command Sgt. Maj. Ryan Razon said. “This simply is not true. We recruit great Soldiers from all units. Additionally, we recruit for an Army mission, and it’s our obligation to ensure we fully support the Army’s objectives, not just our own units.”

He said events like the third annual Staff Sgt. Joshua Mills Commando Competition held Sept. 8 at Fort Bliss, Texas, help clear up misconceptions about Special Operations Recruiting and help the battalion build positive relationships with other units.

“It shows the different divisions and

units that the SORB cares about the development of their Soldiers,” Razon said. “We’re good stewards. My Soldiers expose their Soldiers to some specialized training.

“Not only do we recruit Soldiers and put them in Special Operations, but we also give back in the form of training and development (to include) training on land navigation and communications training to signal battalions, and we often offer training on psychological operations and civil affairs to deploying units,” he explained.

Organized by the Fort Bragg, N.C., based battalion, the Fort Bliss competition, in its third year, serves as a recruiting tool for Special Operations, while honoring the life and sacrifice of Green Beret Staff Sgt. Joshua Mills, who was killed in Afghanistan in September 2009 when his vehicle was hit by an improvised explosive device while returning from a successful mission.

Almost 50 Soldiers from the 1st Armored Division participated in the grueling competition, which started at 2 a.m.



Soldiers from 1st Armored Division participate in the third annual Staff Sgt. Joshua Mills Commando Competition Sept. 8, at Fort Bliss, Texas.

with a 7-mile ruck march interlaced with challenges that included water can and ammo carries. Participants then moved

on to a stress shoot, an obstacle course and an observation exercise. The regiment replicates the selection assessment qualification course Soldiers have to pass to qualify for Special Forces.

“It allows recruiters to interact with Soldiers of these different units and gets them to gain an appreciation for some of the challenges they may face if they decide to go (Special Forces) and peak their interest in some of the different missions,” said Lt. Col. Mike Mourouzis, SORB commander. “At the same time, it allows us to honor somebody who gave the ultimate sacrifice that was from the area, and keep his spirit alive through this kind of challenging event.”

ARSOF at Schofield Barracks
For more information about submitting a packet for Army Special Forces, visit the local office at ARSOF Career Center, 1612 Foote Ave., Bldg. 648, Schofield Barracks, or call 655-4397.

Leaders complete Phase I of Young Alakaʻi leadership

STAFF SGT. JOHN GARVER
8th Theater Sustainment Command
Public Affairs

PEARL HARBOR — Thirty-two top performing company-grade, warrant and noncommissioned officers at the joint and multinational level across the Pacific region, including one Army civilian, completed Phase I of the 8th Theater Sustainment Command’s Young Alakaʻi leader development program 16-02, Sept. 17.

“This curriculum provided these students with the tools and information required to thrive in the joint and multinational communities with increasingly strategic mission requirements, and a better understanding of our profession of arms in the Pacific Region,” said Maj. Gen. Susan Davidson, commander, 8th TSC, at the submarine U.S.S. Bowfin.

Young Alakaʻi’s first phase was nine academic-packed days emphasizing teamwork throughout its interactive sessions that included engaging discussions about military leadership, mission command, critical and strategic thinking, service component strategies and objectives with



Photo courtesy of 8th Theater Sustainment Command Public Affairs

Company-grade, warrant and noncommissioned officers from all services across the Pacific region and DA civilian completed the 8th TSC’s Phase I of the Young Alakaʻi Leader Development Program 16-02, Sept. 17.

special emphasis on the roles, mission capabilities, limitations and partnerships in the Pacific.

“I wish I could have attended a course

like this when I was on active duty,” said Ed Schober, an Eighth Army exercise planner who served in the Army for more than 20 years and is the Young Alakaʻi’s

first DA civilian.

Schober said that this curriculum opened his eyes even more to understanding the complexities in the Indo-Asia-Pacific region.

Young Alakaʻi Leadership Program

Alakaʻi is the Hawaiian value of leadership used to describe one who leads by example with the initiative and strength of character to continually seek to grow and gain the trust of others.

Young Alakaʻi is targeted toward top-performing, company-grade, warrant and noncommissioned officers at the joint and multinational level. Applicants must have their chain of command’s endorsement to attend.

For more information about the Young Alakaʻi program, visit www.army.mil/8thtsc, www.facebook.com/8thTSC or <https://twitter.com/8thTSC>.

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today
H2O Go — Water conservation that was in effect for Schofield, Helemano and Wheeler was rescinded. Residents may resume normal water usage.

Fitness Center closures — Martinez Fitness Center’s racquetball courts and training rooms are temporarily closed until the end of the month. The weight and cardio rooms and partial gym court remain open.

CFC — The Hawaii-Pacific Area Combined

Federal Campaign encourages you to donate to the CFC. Pledges made by service members and other federal employees during the campaign season – Sept. 1 through Dec. 15 – support eligible nonprofit organizations that provide health and human service benefits throughout the world. Visit www.cfc-hawaii.org.



FEGLI Open Season — For the first time in 12 years, Federal Employees Group Life Insurance is having an open season. to allow eligible employees to enroll or increase their coverage up to the program maximum. Find out more before Open Season ends Sept. 30. Visit www.opm.gov/FEGLIopenseason.

opm.gov/FEGLIopenseason.

25 / Sunday
Gold Star — Join a special remembrance and lei presentation, 2:30 p.m., at the National Memorial Cemetery of the Pacific. Visit www.army.mil/goldstar/ and <http://goldstarmoms.com>.



27 / Tuesday
Observance — Hispanic Heritage Month, Sept. 15-Oct. 15, will be observed at a ceremony at Tripler Army Medical Center’s Kyser Auditorium, from noon to 1 p.m. Visit www.hispanicheritagemonth.org.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

Today
School Parking Lot Thefts — The Dept. of Education reports five vehicle break-ins occurred at East Oahu public schools in September during after-school hours. In each case, vehicle windows were broken and small items inside were stolen, including purses, bags, cellphones and laptop computers.



Don’t leave valuables inside in open view!

7th & Arty Hill — Intermittent lane closures for a trenching project for electrical utility work at the intersection of Shafter’s 7th Street and Artillery Hill Road that began Wednesday will continue, 8 a.m.-4 p.m., until Nov. 23. Residents will be given advance notice if their driveways will be blocked. Access to Island Palm Communities office will still be open.



24 / Saturday
Keiki Safety — This has been National Child Passenger Safety Week.

Free public car seat check events will be held, 10 a.m. to 1 p.m., at Waipio Shopping Center in Waipahu. Call 587-2161.

Shafter and Flats Outage — Housing units on Herian Road, Hase Drive and Bldg. 1292, and a scheduled power outage affecting Fort Shafter Flats buildings 1535, 1575, 1585, and 1587, takes place 8 a.m.-3 p.m.

26 / Monday
Lyman Road — There will be partial road closures, weekdays, 8:30 a.m.-4:30, at Schofield’s Lyman Road between Humphreys and Hewitt in order to repave the road. Closures are on one lane but will allow two-way contra-traffic flow on the opposite lane. Alternate routes will be through Humphreys and Kolekole.

JAG Corps holds 9th Paralegal Warrior Challenge

SPC. ALVIN REEVES
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Twelve Army paralegal specialists from across the Asia-Pacific competed in intense competition, here, Sept. 11-15, to earn the title of Paralegal Specialist and Noncommissioned Officer of the Year.

The ninth annual Paralegal Warrior Challenge was sponsored by the U.S. Army-Pacific Judge Advocate General Corps as a way to recognize the best Soldiers in the career field. These Soldiers were challenged by a series of intense administrative, oral and physically demanding tasks during the five-day challenge at various locations across the island of Oahu.

JAG Corps Regiment senior enlisted adviser, Command Sgt. Maj. Joseph P. Lister, welcomed participants and event support staff at the initial orientation, Sept. 11, at Joint Base Pearl Harbor-Hickam. Lister emphasized the annual event was intended to allow those within the USARPAC area of responsibility the chance to acquaint themselves with one another in a friendly contest.

Participants represented their divisions in various skills, examinations and



Photo by Staff Sgt. Christopher Brown, U.S. Army Pacific Public Affairs
JAG Regimental Command Sgt. Maj. Joseph P. Lister, kneels with participants of the 2016 USARPAC Paralegal Challenge after completing the obstacle course event at Schofield Barracks, Sept. 13.

warrior tasks, ranging from drills to a 12-mile ruck march, to earn points. Highest points tallied from all events were used to select winners.

Winners were announced during a

closing ceremony, Sept. 16, at the historic Palm Circle, here.

•**Staff Sgt. Loni Martinez** is the NCO in charge, Military Justice Office, 500th Military Intelligence Brigade, and the

2016 USARPAC Paralegal NCO of the Year.

•**Spc. Timothy Snyder**, post-trial paralegal, U.S. Army Garrison-Hawaii, is the 2016 USARPAC Paralegal Specialist of the Year.

Snyder was elated for the opportunity to compete.

“(Events) like these are a way for us to show our leaders who we are and why we deserve to have important positions and promotions in our corps,” said Snyder.

The USARPAC Staff Judge Advocate, Col. George Smawley, closed the competition in a ceremony praising the tenacity of all participants, highlighting their endurance through many challenges over five days.

“It is no small thing to put yourself in competition with your peers,” Smawley said. “Two of them may have won the week, respectively, but all of them are winning the race to demonstrate their professionalism as Soldiers, as legal professionals and as members of their respective commands.”

All participants received certificates of achievement, and the winners received Army Commendation Medals, plaques and coins of excellence.

More than 211 years of duty honored at celebration of service

SPC. ALVIN REEVES
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Family, friends and colleagues of nine U.S. Army Soldiers came together, at historic Palm Circle, here, for a ceremonial expression of appreciation and gratitude for their combined 211 years of federal service to the U.S. Army, the U.S. Army-Pacific, and the nation, Sept. 16.

“At the U.S. Army-Pacific, we refer to it as a ‘celebration of service,’ because that’s exactly what we are going to do today,” said Brig. Gen. Jeffrey Milhorn, USARPAC’s deputy chief of staff of Operation, Plans & Exercises, who officiated the ceremony.

“We will celebrate 211 years of service from all nine individuals, as our ‘One Team’ teammates and Soldiers for Life begin their transition into the next chapter of their lives, departing from active service rolls into the retirement

rosters,” he said.

This was the tenth such celebration held with the intent of honoring retiring service members quarterly.

Over the course of the celebration, Milhorn spoke to the audience about how the nine Soldiers’ careers have impacted USARPAC and the U.S. Army. He also addressed how their devotion made the Army better, and personally thanked each of the honorees for the sacrifices they and their families have made.

“The collective celebration of service here today is profound, and the stories of the honorees needs to be told, but I also want to take the time to thank their family and friends who also provided such selfless support to help them achieve so much,” Milhorn said. “May God bless each of you as you move into the next chapters of your life, and know that you always have a home in the Pacific.”



Photo by Staff Sgt. Brandon McIntosh, U.S. Army Pacific
From left, Col. Barrett Bernard, Lt. Col. Loren Darmofal, Maj. Michael Dizon, Capt. Eric Luley, Chief Warrant Officer Christopher Bozeman, 1st Sgt. Keddrick Best, Chief Warrant Officer Christopher Walker, Sgt. 1st Class Keith Anderson and Sgt. 1st Class Carlos Bermudez-Rio pose for a group photo following the ceremony, Sept. 16.



PAU HANA

"When work is finished."

Everyone's invited



Children pose for a photo before heading off to play during Family Night held at Schofield Barracks.

Soldiers and family members relax and have dinner outside of the Main Post Chapel during Family Night.

Community members gather for Family Night

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — When life gets hectic, Army Hawaii chaplains are stepping in to ease the stress and encourage fellowship with Family Night.

The weekly program is an ongoing series offered at the Main Post Chapel at Schofield Barracks on Wednesdays and at Aliamanu Military Reservation on Tuesdays. For free, participants can sit in on mass, have dinner and then head to personal and spiritual development classes.

"This program is for both South and North sides since we're feeding them physically, providing child care and giving spiritual food so to speak," said Lt. Col. James Blount, deputy chaplain of USAG-HI. "The whole family gets to sit down to eat together."

Blount said the targeted audience is Soldiers currently serving and their families, but everyone is welcomed to come. The classes offered are open to single Soldiers, retirees and the military community as a whole.

Reaching out

Since the Family Night series started up again earlier this month, crowds have dropped by for the food and fellowship. Family Night at AMR saw 118 adults and children during their second Family Night this month and 282 participants at the Main Post Chapel.

The event offers a respite from daily struggles for children and adults, which is especially appreciated by Pvt. Cortney Carmona, a chaplain assistant with the Family Life Center of the Religious Support Offices at USAG-HI. She brought her husband, who is also a Soldier, for a recent family night.

"It's nice because we don't have to cook, we can eat, talk with people we work with and hang out," Carmona said.

After dinner, children and adults separate for their group activities whether it's the adult classes, Awana childcare or Bible study for older children. Class offerings vary seasonally. Blount said Family Night has previously had Army Community Service classes and are working to have them again in the future. The current classes offered are religious studies but in unique topics.



Parents drop off their children to the Awana child care program before heading off to Family Night classes. Child care is offered for free during Family Night and children are divided into smaller groups by ages.

"We have two adult Bible studies, Revelations Study and Experiencing God," Blount said. "We also have a class every last Wednesday on Buddhism for Modern Living, so we're trying to reach out to others in a big way."

Children are divided into age-appropriate small ratio groups with activities and stories. Adults are able to choose what to learn and share in a peer environment.

"A lot of people show up," Carmona said. "Everyone is very friendly. It feels more like a community when we are here together."

She appreciates how everyone knows each other and is welcoming to new people who come in. Volunteers are also still regularly

welcomed to help serve, prepare and donate food for the ongoing event. Carmona said everyone takes care of each other, showing people around and making them feel like a vital part of a community.

"If you're looking for something for whole family, come down," she said. "Family Night is not only for Christians or certain religions, it's for everybody. It's really good for children because they can interact and get to know each other."

Capt. Brian Hargis, chaplain with U.S. Army Garrison-Hawaii, guides participants in an activity to map out the timeline of events found in the Book of Revelation in one of the classes offered at Family Night.



Family Night Schedules

Family Night is held Tuesdays at AMR and Wednesdays at Schofield Barracks Main Chapel. Mass starts at 5 p.m. followed by a free dinner at 5:30 p.m. Classes begin at 6:20 p.m. with free child care offered during the event until 7:40 p.m.

For more information about Family Night, call 655-6644 or email james.w.blount6.mil@mail.mil.

Main Post Chapel Adult Classes

Buddhism for Modern Living — Held every last Wednesday of the month, focusing on how to take charge and become a source of positive change

Experiencing God — A weekly class to develop a deeper spiritual relationship

Vatican Express — A weekly family-friendly class held every Wednesday

Revelations Study — A weekly study of the Book of Revelation

Main Post Chapel Youth Classes

First Communion Plus — Catholic children in grades 4-7 can prepare for their first Holy Communion.

Awana — Free child care available for children, divided into age groups. Youth as young as 2 years old and as old as 12 years old in elementary school. Bible study classes are available for high school and middle school students as well.

AMR Adult Classes

Sacred Marriage — Learn how marriage can deepen personal spiritual connections

Grace — Discover how grace can shape and strengthen lives

Beloved — All couples are welcomed to learn about marriage

Child care is also available at AMR.



Briefs

Today

Service Adjustments — FMWR offices will experience more adjustments. See the commanding general, Installation Management Command at <https://youtu.be/JyDtOgqdXEc>.

Resume Workshop — Create or update your resume for a private sector job. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and learn how to summarize your accomplishments at SB ACS from 10 a.m.-noon. Call 655-4227 to register.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Lei Making — Learn to make a beautiful lei for \$15 from 1-2 p.m. at the SB Arts & Crafts Center. Call 655-4202.

Steak Night — Go to the FS Hale Ikena at Bldg. 711, Morton Drive, for Grill Your Own Steak Night and enjoy a steak made your way from 3-8 p.m. Call 438-1974 or 438-6712.

Family Movie Night — Enjoy a night at the movies featuring movie trivia followed by a screening of “Rio” at the SB Kalakaua Community Center from 6-9 p.m.

Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono Room, Bldg. 589, Foote Avenue, at 7 p.m. Bring your neighbors, friends, family members and yourself for an unforgettable evening.

A local artist will instruct you through an original piece of art. All materials are supplied. All skill levels welcome. Includes two hours of instruction for \$35/person, which is nonrefundable. Call 655-5698.

Live music at SB Tropics — Drop in to hear band Chain Reaction bring the tunes. No cover, the band plays from 7-11:30 p.m. at the Tropics Recreation Center, building 589 on Foote Avenue. For more information call Tropics at 655-5698.

25 / Sunday

NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics Recreation Center, Bldg. 589, Foote Avenue, watch

SATURDAY IN WAIKIKI



HONOLULU — The 70th annual Aloha Festivals Parade will dominate Kalakaua Avenue, here, Saturday from 9 a.m.-noon with Pa’u Riders (top left), more than 15 floats (top right) and 10 marching bands (above right) along Kalakaua Avenue. One of Hawaii’s biggest parades, the colorful parade begins at Ala Moana Park and ends at Kapiolani Park, and will feature more than 2,000 participants. Contact info@alohafestivals.com or visit www.alohafestivals.com/ to learn more.

Photos courtesy of Aloha Festival

your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m. for \$24.95/person. Reservations encouraged. Call 438-1974.

26 / Monday

Make your Own Sundae Monday — The dessert station at the FS Hale Ikena’s Grand Buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the Grand Buffet. Call 438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

27 / Tuesday

Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Quilting and Sewing — Every Sunday is quilting and sewing from 11 a.m.-3 p.m. at the SB Arts & Crafts Center. Cost is \$25 for the first class, \$6

for each additional class. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time from 5-8 p.m. for \$100, once a week, for 10 weeks at the SB Arts & Crafts Center. Ages 17 and up are recommended; for younger patrons, call 655-4202.

Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/ person from 5-8 p.m. Call 655-4466.

28 / Wednesday

SAFER Group — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse at SB ACS from 9 a.m.-10:15 a.m. Call 655-4227 to register.

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Ceramic Mold Pouring — One session is \$25, including supplies, for ages 17 and up, from 10 a.m.-12 noon at the SB Arts & Crafts Center. For younger patrons, call 655-4202.

Burger Bar Wednesday — Enjoy at

FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

29 / Thursday


Mom & Tots — Attend at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Ongoing

Youth Sports and Fitness Free Homeschool PE — Homeschool PE classes are underway for the new school year. Youth Sports provides homeschool fitness activities such as basketball, croquette and flag football.

MWR also provides activities such as 4-H, Health Rocks and hiking. These programs are free to the military homeschool community. Children must be registered with CYS Services. Call 655-6465.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Daniel K. Inouye Elementary — The school will be repaving its parking lot through Friday, Oct. 7, so the asphalt parking lot will be closed. Please expect traffic delays near the school due to limited drop off/pick up areas and parking spaces. Also, when possible, avoid McNair Gate in the morning and afternoon. Pedestrians should use crosswalks and sidewalks to walk to school safely.

Federal Survey Card — Attention, parents! Help generate funds for Hawaii’s public schools. Federal survey cards were sent home with students Sept. 7. Please fill them out and return them, so you can help to generate \$40 to \$50 million in Impact Aid funds that will benefit all public school students statewide, including yours. Call the School Liaison Office at (808) 655-8326.

23 / Friday

“Hawaii-Five-0” — CBS

will host a Sunset on the Beach premier celebrating Season 7 of the show at Queen’s Surf Beach at Waikiki Beach. The red carpet begins at 6 p.m., the ceremony and premier at 7 p.m., and the screening of a new CBS drama at 8 p.m.

24 / Saturday

Hiking — The Kolekole Trail (hiking and walking) is closed this Saturday and Sunday due to live fire training.

7th Annual Rice Fest — Ward Village hosts, 11 a.m.-5 p.m, on Auahi Street, fronting Ward Centre, Nordstrom Rack and TJ Maxx celebrating the world’s melting pot for the otherwise ordinary grain. Rice Fest will include live entertainment, celebrity & chef cooking competitions, and SPAM musubi and poke bowl eating contests. Visit www.ricefest.com.

VegFest Oahu — Attend this free, family friendly event at Honolulu Hale from 1-6:30 p.m. Taste delicious vegan food, hear inspiring speakers, enjoy conscious music and engage in plant-based cooking. Visit <http://vegfestoahu.com>.

Free Screening — The SB Post Exchange (and also Hickam Memorial Theatre) will provide a studio appreciation-advance free screening of a PG-13 movie at the SB Sgt. Smith Theater on Saturday, Sept. 24.

Doors open at 3 p.m.; the movie starts at 4 p.m. Tickets are available at the SB Food Court, and seating is open to non-ticket holders 30 minutes prior to show time.

Mathemagic at Hawaii Theatre — Magician Bradley Fields, featured in major venues worldwide, brings his renowned one-of-a-kind magic show, “Mathemagic!” on Sept. 24-25 for three shows. Call Hawaii Theatre Box Office, 528-0506 or visit hawaiitheatre.com.

27 / Tuesday

Earth, Wind & Fire — Soulful legends perform at the Blaisdell Arena for one show, 8 p.m. Visit Ticketmaster.com or call 866-448-7849.

29 / Thursday

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue,

weather permitting. Call 843-8002.

30 / Friday

Wahine Volleyball — The University of Hawaii Rainbow Wahine volleyball team hosts Cal State Fullerton, 7 p.m., at the Stan Sheriff Center on the university campus. Expect typically big crowds and lots of noise. Tickets available at the door and at www.hawaiiathletics.com/.

October

1 / Saturday

Hawaii vs. Nevada College Football — The Warriors hit the Aloha Stadium field with a 6 p.m. kickoff in their 2016 Mountain West Conference opener. Tickets available at the Aloha Stadium box office and online at www.hawaiiathletics.com/.

7 / Friday

First Friday — Join the hip crowds in Chinatown at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month until 9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.



Ice Age: Collision Course (PG)

Fri., Sept. 23, 7 p.m.



Ben-Hur (PG-13)

Sun., Sept. 25, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation	Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare	SB: Schofield Barracks	
		SKIES: Schools of Knowledge,	

Engineers forge hui for Fort DeRussy cleanup

National Public Lands Day COE partnership with cadets strengthens

Story and photos by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers
Honolulu District Public Affairs

HONOLULU — More than 65 volunteers picked up trash at Fort DeRussy in Waikiki in honor of National Public Lands Day, Saturday.

The Corps of Engineers’ Regional Visitor Center coordinated the event, which was supported by Corps employees, U.S. Army Transporters from the 545th Transportation Company, Punahou Junior ROTC cadets, Army Environment Command and Mokulele Elementary School.

Also participating were Honolulu District Commander Lt. Col. James Hoyman, Pacific Ocean Division Command Sgt. Maj. Yolanda Tate, and District Chief of Engineering and Construction Todd Barnes.

Cadets return

Over 30 cadets led by Punahou JROTC commander retired Lt. Col. Robert Takao concentrated their efforts on cleaning up the beach berm behind historic Battery Randolph.

“We’ve been doing this for over a decade, and we always get willing volunteers. It’s never hard to get the cadets to come out because they realize how good it is for our world to do things like this. I’m really proud of them,” Takao said.

Volunteers picked up over 16 large bags of trash from the area.

“We’re happy about educating the public on the importance of preserving and improving our precious natural and cultural treasures,” said Angela Jones, head park ranger for the RVC.

National Public Lands Day is the largest single-day volunteer effort for public lands in the U.S. It began in 1994 and focuses on education and partnerships to care for the nation’s natural treasures.

Last year, more than 16,000 volunteers participated in National Public Lands Day activities at 107 U.S. Army Corps of Engineers lakes. The volun-



HONOLULU —More than 65 volunteers pose for a photo opportunity after picking up trash at Fort DeRussy, here, in honor of National Public Lands Day, Saturday. The USACOE Pacific Regional Visitor Center (RVC) coordinated the event which was supported by Corps employees, U.S. Army Transporters from the 545th Trans. Co., Punahou Junior ROTC cadets, AECOM, and Mokulele Elementary School.



teers cleaned 1,300 miles of shoreline, maintained 143 miles of trails, removed 138,000 pounds of trash, and planted approximately 1,100 trees and shrubs on

USACE-managed lands.

The USACE has been involved with National Public Lands Day since its inception and has consistently been one of

the event’s largest providers of sites and volunteers. As the nation’s leading federal provider of water-based recreation, USACE manages more than 400 lake and river projects in 43 states.

With 90 percent of these projects located within 50 miles of metropolitan areas, USACE sites provide a wide range of safe and affordable outdoor recreation opportunities close to home.

Left — Two volunteers pick up trash at Fort DeRussy in Waikiki. More than 30 cadets focused their attention on the beach berm behind historic Battery Randolph.

National Public Lands Day
For more information, visit www.publiclandsday.org For more details on USACE recreation opportunities, visit www.CorpsLakes.us.

Secret lives of moms resumes with new school year

“Did you have a good summer?” clusters of moms in the high school lobby ask each other, then simultaneously give the required pat answer: “Yes, but it went by too fast. ... I wish I had two more weeks with the kids.”

We wave goodbye to our children, then head to our minivans, presumably ready for a full and productive day. But once the minivan door closes, reality hits like a school bus.

“I’m free,” I mutter to myself, my eyes wide and unblinking, my caffeine-affected fingers trembling against the steering wheel. “Finally ... free.”

In the time it takes for me to round the circle and exit the school property, I’ve thought of a million things I could do with my day now that there are no witnesses.

Even though my older children didn’t need much supervision over the summer, I find the feeling of being completely alone – unfettered by parental responsibilities, social mores, ethical codes and rules of human decency – quite liberating.

Feeling a pang of hunger, I realize that



there is no one to stop me from opening the neglected bag of cheese curls in the center console and pouring them directly into my upturned mouth. I turn the radio from the pop music station my girls insist on to my favorite – the ’80s channel – and bellow “Karma Chameleon” as I turn onto Memorial Boulevard.

At one stoplight, I floss my teeth, and at the next, I pluck my eyebrows. As I approach the Navy base gate guard, I flip off the radio and wipe my cheese-stained mouth on my sleeve.

Leave no witnesses.

At home, I spend a good 20 minutes on the floor snuggling with our dog, Moby, before planning my day. There’s no one home to hear me talking to Moby out loud or to see him licking my face. There is no one there to balk, demand my

attention or roll their eyes. There is no one to embarrass, shame or disgust. It’s just me, for once, and it’s wonderful.

Sure, we moms feel a pang of guilt at deceiving our children in this way. Here they are, off at school, thinking that boring old mom is home jotting down new sandwich ideas, organizing their homework spaces and thinking nothing but nurturing thoughts. In reality, we are leading a double life.

With the freedom that the school year affords, we moms can mop our kitchen floors while singing the entire “Sound of Music” soundtrack, complete with “Lonely Goatherd” yodeling and “Climb Every Mountain” contralto vibrato.

We can fold laundry while binge-watching DVRred episodes of “Fixer Upper.” We can meet our work friends out for long lunches or stay home and eat logs of cookie dough all alone. We can join base bowling leagues or teach ourselves the ukulele from YouTube videos. We can take a yoga classes or just wear the pants all day.

Whatever we moms decide to do with

our time, it’s our little secret, and our kids would be wise to keep up our little charade. For example, there is no sense in suggesting that the chicken drumstick and mashed potatoes on your plate was cooked by the Colonel. We may have run out of time between pottery class and that sale at the outlet mall, so just say, “This dinner is delicious, Mom!” and be thankful that we had time to run through the drive-thru.

Also, don’t complain if Mom shows up late for practice pick-ups. You have no idea how hard it is to attend a friend’s jewelry party and “like” all the funny cat videos on Facebook in one afternoon.

Lastly, don’t comment on new hair styles, funky jewelry or sudden tattoos. Mom may be finding herself or recovering from a girls’ night out; either way, it’s her business.

Moms spend most of their adult lives revolving around their kids, so they deserve some time to do what they want, so shh. Mum’s the word.

(For more Molinari views, visit www.themeatandpotatoesoflife.com.)

Exchange makes US Veterans Magazine’s ‘Best of the Best’

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — U.S. Veterans Magazine has bestowed one of its highest honors on the Army & Air Force Exchange Service: a spot on its 2016 “Best of the Best” list, recognizing employers, government agencies and educational institutions that support employment and business opportunities for veterans and spouses.

This year, the Exchange earned placement in the categories of Top Veteran-Friendly Companies and Top Supplier



committed to attracting, recruiting and retaining veterans and spouses, and we are honored that U.S. Veterans Magazine recognizes our efforts,” said Leigh Roop, executive vice president

Diversity Programs.

The Exchange has been named to the annual list every year since 2013.

Veteran opportunities

“The Exchange is committed to attracting, recruiting and retaining veterans and spouses, and we are honored that U.S. Veterans Magazine recognizes our efforts,” said Leigh Roop, executive vice president

and chief, Human Resources officer for the Exchange. “Our veterans and military family members have made immeasurable sacrifices to protect the freedoms we enjoy every day. The least we can do is provide career opportunities for them.”

Employing veterans, National Guard spouses and reservists, and military members and family members is essential to the Exchange’s mission. Approximately 27 percent of the organization’s nearly 35,000 associates are military family members; 10 percent

are veterans; and 2 percent are active duty, Guard or Reserve personnel working part-time during their off-duty hours.

The Exchange participates in veteran-focused career fairs, partners with organizations, such as Hiring Our Heroes and Allies in Service, welcomes active duty military interns through the Operation Warfighter program, and collaborates with installation transition offices to recruit Soldiers and Airmen who are transitioning back into the civilian workforce.

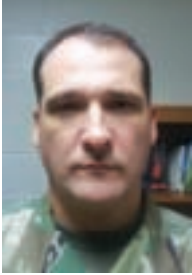
Servant leadership empowers others to serve

CHAPLAIN (CAPT.) CHRISTOPHER HODGE
303rd Explosive Ordnance Battalion
U.S. Army-Pacific Command

Michael Josephson said, “Great leaders are teachers not tyrants. They help their followers see and understand more. They inspire them to become more and motivate them to do more.”

The impact of leadership cannot be overestimated, because influence is one of the most powerful forces that shape our world. It doesn’t take much to see how bad or corrupt leaders can severely damage organizations and the institutions that shape society. Indeed, history has shown how corruption has even damaged entire generations.

Servant leadership
The Christian example of leadership is



Hodge

and always has been that of the servant. When Jesus took the washbasin and washed his disciple’s feet, this was more than just an act. It was a revolutionary undertaking.

In the western world, the idea of servant leadership is well known, and most leaders would be quick to say they live by that definition; however, our words often do not match our actions. Motive is the heart’s plumb line for judging whether or not our actions are truly in the best interest of others.

My grandfather once sat me down after a situation where I acted less than



the gentleman he taught me to be.

He stated, “Chris, do you know what the problem of being deceived is?”

I said, “No.”

He replied, “You don’t know it.”

The heart is truly deceptive and

everyone likes to think he/she is doing the right things for the right reasons but the truth is, good self-reflection will often reveal selfishness in much of what we do. This is common, but it is hardly noble.

I think true leaders will be like fathers and mothers to those they are called to lead. A good parent is never jealous of a child’s accomplishment; in fact, they are proud of them and sacrifice their lives to provide every opportunity for that child to excel and climb “higher” than them.

Imagine the impact on the world if everyone strove to walk this out in his or her lives. Imagine how your circle of influence would be better if you lived it out every day. Imagine how your children would benefit, how your organization would benefit.

That is the power of vision, and vision in action is the power of change.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel

HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex

- 11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH

Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC Chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 10 a.m. at WAAF

Shift work can make it difficult to sleep well

DR. GRACE S. CHEN
Tripler Army Medical Center

HONOLULU — Shift work, in particular, night shifts, can be the cause of sleep difficulties and increased sleep debt.

Most people need at least one hour of sleep for every two hours awake, but working at night requires us to remain awake and alert when we are usually sleeping.

Our bodies are controlled by an internal body clock in the brain, which generates circadian rhythms that occur for about 24 hours and are influenced by natural cycles of light and darkness. Melatonin, a sleep hormone released at night, lowers alertness and increases our desire to sleep.

Alertness and reasoning may be the poorest at night, and there is evidence that sleep-deprived doctors make more errors than when they are able to get enough sleep.

When a person goes for more than 20-25 hours without sleep, which may occur after working a night shift, his/her performance is reduced. His/her reactionary time is similar to a person with a blood alcohol level of 0.1 percent.

Doctors who work extended shifts of over 24 hours double their risk of being in a motor vehicle accident on their way home (compared to those working shorter shifts).

Deprivation prevention

Here are some suggestions that make it easier to work night shifts:

1) Try to get some rest before your night shift. Taking an afternoon nap for at least two hours is a good way to reduce fatigue. It will also make it easier to remain awake and functional in the middle of the night.

2) If you are able to take a nap while on duty (during a break), this may help you to remain more awake during the rest of your shift. Try not to nap more than 45 minutes because it will be much harder to wake up from deep sleep. (Set an alarm).



Courtesy photo
Learn how to adjust to displaced sleep patterns from working night shifts.

- 3) Caffeine effects can be felt within as little as 20 minutes and can last for three to four hours depending on the individual, so it may be best to take caffeine in small amounts.
- 4) On the way home, blue light blocking sunglasses will help minimize your exposure to blue light that resets your internal body clock back to a daytime schedule (If your clock is reset to daylight, you will have more trouble falling asleep).
- 5) If you are fighting to stay awake after your night shift, please pull over to the side of the road before you get into an accident.
- 6) When you get home, try to fall asleep right away. A delay will make it harder to fall asleep. Shift workers who go to sleep at 10 a.m. sleep for at least four hours, whereas those who retire at midday sleep for an hour less.
- 7) Your bedroom should be quiet and dark to improve your sleep. Get blackout curtains to filter out light or wear eyeshades. Wear earplugs to block out

noise. Keep the room cool with a fan or air conditioning, which will also provide white noise to help you sleep.

8) Try to avoid watching the television, playing videogames or

using the computer in your bedroom. You should only be sleeping in your bedroom. Before you go to sleep, try some relaxation exercises, listening to soothing music or taking a warm bath.

TAMC TIP

Childhood obesity

Parents and caregivers can help prevent childhood obesity by providing healthy meals and snacks, daily physical activity and nutrition education.

Children can be encouraged to adopt healthy eating behaviors and be physically active when parents accomplish the following:

- Focus on good health, not a certain weight goal.
- Focus on the family. Do not set overweight children apart.
- Involve the whole family and work to gradually change the family's physical activity and eating habits.
- Establish daily meal and snack times, and eating together, as frequently as possible.
- Make a wide variety of healthful foods available based on the Food Guide Pyramid for Young Children.



File photo

- Plan sensible portions. Use the Food Guide Pyramid for Young Children as a guide.